

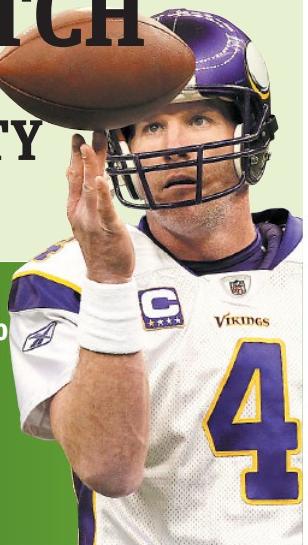


BORN TO RUN ...
TO NEW JERSEY
BOSS'S FANS FLOCK TO
ASBURY PARK {page 15}

SHORING UP HUMAN
SMUGGLING
PM 'WILL NOT HESITATE'
TO TOUGHEN LAWS {page 6}



FAVRE WATCH QB BACK AT VIKINGS FACILITY SPORTS {page 20}



HALIFAX

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Wednesday, August 18, 2010
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► An RCMP forensic identification officer carries a piece of drywall from Jason MacRae's house on Silver Maple Drive in Timberlea yesterday morning. More coverage, page 3.

Arrest in Gallant murder

► No charges yet in death of teacher Paula Gallant
► Sources say husband in custody ► Young mother remembered as a vibrant teacher and beloved sister

 JENNIFER
TAPLIN
[@METRONEWS.CA](#)

Nearly five years after her body was found in the trunk of her car, an arrest was made yesterday in Paula Gallant's murder.

Sources say the suspect was her husband, Jason MacRae. He was arrested near his Timberlea home just after 8 a.m. yesterday.

Gallant, 36, didn't return from shopping on Dec. 27, 2005. At 12:30 a.m. the next morning her body was found in the trunk of her car, which was parked outside the Timberlea school where she taught. She died just before her only child, a daughter, turned a year old.

MacRae was brought in for questioning early in the investigation, but was later released.

Cpl. Joe Taplin said yesterday the suspect hasn't been charged. "This investigation is going to go on throughout the day and into the evening," he said.



► Jason MacRae,
Paula Gallant's husband

There was no late-breaking tip that led to the arrest, just solid investigating by members of the RCMP-HRP Integrated Major Crime Section, he said.

"They put a lot of countless hours into this investigation and it led to the arrest," Taplin said.

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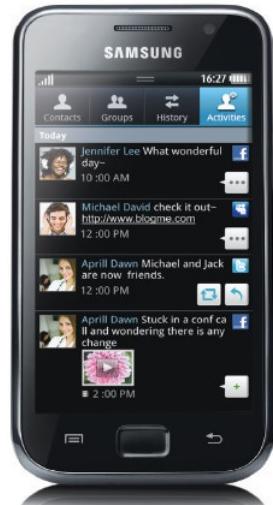
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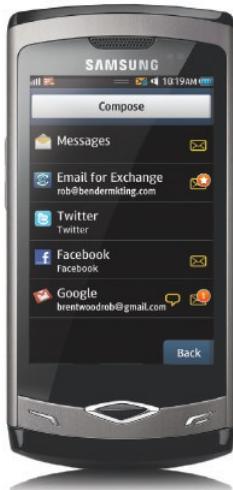
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► Arrest made yesterday in five-year-old murder case of schoolteacher Paula Gallant ► Community encouraged by developments, hoping it will finally lead to closure for victim's family



Victim's family asks for time to absorb arrest



JENNIFER TAPLIN
@METRONEWS.CA

Timberlea resident Seana Hartlen couldn't wait to get home and tell her son the news.

Her son was in Paula Gallant's class at Beechville-Lakeside-Timberlea Elementary School.

"Paula was my son's teacher and she was a neighbour. To finally have some closure..." she said nearby where Jason MacRae was reportedly arrested yesterday morning in relation to Gallant's murder.

"It's amazing. We're just thrilled."

Halifax West MP Geoff Regan sent out a statement yesterday saying he was encouraged by the news of the arrest.

"We are aware of the events which have unfolded today, Tuesday, Aug. 17, and we appreciate your calls of support. We will have a family spokesperson speaking on our behalf in the next day or so. So, if you could just please respect our privacy and give us the opportunity to absorb the news that's been made public today, we would appreciate it. Thank you for your call."

MESSAGE ON VOICEMAIL OF LYNN GALLANT-BLACKBURN,
SISTER OF PAULA GALLANT

"I hope that we are on the road to closure for the family and the community at large," Regan said.

Gallant's sisters, Lynn Gallant-Blackburn and Lana Kenny, have done much to keep their sister's memory alive.

They've hosted events, launched an awareness

campaign and a website. The family didn't want to talk to media yesterday, but Hartlen, who knows one of the sisters, said they must feel some relief.

"There was rumour in the community but the investigation takes time," she said. "The family's persistence in keeping her memo-

ry alive — and they remain steadfast and true to her memory and to their mission — and this, has certainly paid off."

In 2009, Gallant-Blackburn told Metro that as time passes she feels more hopeful that Paula's killer would be brought to justice.

"Our family, more than anything, needs closure," she said.

Statement coming

The family didn't want to speak to media yesterday. Members said a statement will be made in the coming day.

Timeline of events in murder of Paula Gallant

- 1:30 P.M., DEC. 27, 2005: The last time Paula Gallant spoke to a family member.
- 10:14 P.M.: Gallant reported missing to police.
- HER CAR, a green 1997 Chevrolet Cavalier, was spotted in the parking lot just after dusk on Dec. 27, 2005.
- POLICE OFFICERS found her body in the trunk of the car at 12:30 a.m. on Dec. 28, 2005.
- JAN. 2, 2006: Hundreds of people attend Gallant's funeral in Timberlea.
- FEB. 8, 2006: Jason MacRae questioned by police and released.
- MARCH 2006: Police officers conduct door-to-door canvassing in Timberlea to search for clues.
- SUMMER 2006: Gallant's case launched with the province's Rewards for Major Unsolved Crimes program.
- AUG. 17, 2010: Police make arrest in case. No charges have yet been laid.

● JENNIFER TAPLIN



► Paula Gallant

'Baby of our family' remembered

In the memorial on the paulagallant.com website, the sisters wrote:

"We miss her beyond that which any word could convey. We have lost the baby of our family... Paula, we love you and miss you with each passing day... Keep smiling down upon us."

● JENNIFER TAPLIN



News on the move

- 1 Download the free ScanLife application with your smartphone at 2dscan.com
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Spindot on the goodwill earned during Michael Ignatieff's summer road trip. More at metronews.ca/blogs

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Experts warn about MP3 players after study finds spike in teen hearing loss. Scan code for story.

Vote on council size fails to gain majority, U-Pass increase still on way

Halifax regional council will not revisit the debate on council size.

The vote on Deputy Mayor Brad Johns' motion to rescind council's Aug. 3 decision to maintain the status quo was split 11-11. It required a majority decision to open the council size issue up again.

Despite being a champion of a smaller council leading to the Aug. 3 de-

bate, Mayor Peter Kelly was one of the 11 that defeated the motion.

Kelly said council had five hours of debate on the matter, and it's now in the hands of the province's Utility and Review Board now. Council also voted yesterday to stand by its decision to increase the costs of Metro Transit's U-Pass. The increase works out to approximately \$17

more for every student issued the bus pass, which provides access to Metro Transit buses for the eighth month school year.

Acting Metro Transit manager Erin Flaim said the U-Pass program, including "university" bus routes like No. 10, costs about \$6 million to run, while the fees only recoup about \$2.6 million.

But University of King's

College Students' Union president Kiki Wood said Metro Transit should honour its contract with the universities for another year, in order to give student unions time to hold a referendum over the higher fees. She said her student union would be breaking its own bylaws by increasing fees without a referendum.

● ALEX BOUTILIER



► Deputy Mayor Brad Johns

RYAN TAPLIN/METRO HALIFAX

Keep bikes out of traffic, says survey

Cyclists say separating bikes from heavy traffic is the key to better, safer, more frequent cycling, according to a recent survey by the Halifax Cycle Gallery.

The bike shop on Quinpool surveyed 500 people — those who cycle and those who don't — about what it would take to get more bikes on the streets of Halifax. They found traffic volume, driver awareness and the lack of designated bike paths to be the big problems.

● METRO HALIFAX

High-rise plans get green light

► Presenters speak out against projects involving demolition of Roy Building



ALEX
BOUTILIER
@METRONEWS.CA

Despite the protests of the Heritage Advisory Committee, Halifax regional council voted last night to allow the grandfathering in of two Barrington Street high-rise developments.

Council voted to allow the Roy and Discovery Centre buildings to circumvent the height restrictions in the Barrington Street Heritage Conservation District.

Council had granted the exemptions, along with two others, in June 2009, prior to the HRMbyDesign public consultation process and the establishment of the conservation district. An administrative error, however, led to the projects being blocked.

With the exception of

"We do value our past, but we don't live in the past."

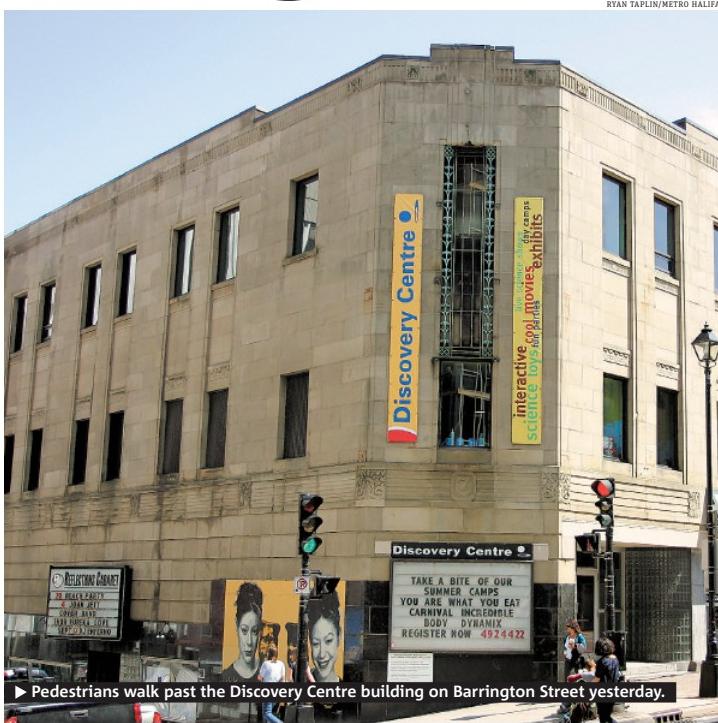
STEVE STREATCH, COUNCILLOR

developer Fred Medjuck, however, all six speakers at a public hearing last night spoke against the projects.

"The two developments would involve the complete demolition of the Roy Building, and its replacement by a 16-storey building," said Peter Delefas, president of Heritage Trust. "What gives the Barrington Street district its unique character is the concentration of low-rise historical commercial buildings."

Medjuck, whose company owns the Discovery Centre building, disagreed.

"The merits of the building will come back to it," he said.



► Pedestrians walk past the Discovery Centre building on Barrington Street yesterday.

RYAN TAPLIN/METRO HALIFAX

Woman falls off cliff, dies

A 22-year-old woman is dead after falling off a cliff in the Hall's Harbour area, about 10 kilometres north of Kentville.

Police say the woman left a camper to go check on a barking dog early yesterday morning.

They say she fell over a 25-metre cliff with an unstable edge and was pronounced dead at the scene.

THE CANADIAN PRESS



► Dennis Michael Forgeron

RCMP find plane crash remains

RCMP say they have located the crash site and recovered human remains from a plane that disappeared off Cape Breton two weeks ago.

The remains have been taken to a medical examiner's office for identification.

The two men who were on board have been identified as Dennis Michael Forgeron, 43, of Sydney and Ronald David Johnston, 57, of Calgary.

THE CANADIAN PRESS

Council moves on wind turbines

Halifax regional council has taken another step towards expanding the number of wind turbines in the municipality.

But questions about the development process remain.

HRM staff presented a report requesting that individuals be allowed to construct wind turbines on an "as of right" basis — meaning so long as zoning requirements are met and

permits obtained, construction can go ahead.

But Coun. Jennifer Watts said public consultation is necessary before council agrees to "as of right" projects.

"In this particular case, it really is putting the focus and pressure at the front of the decision making, to be very clear, if there are concerns, are they addressed," said Watts.

Hearing

The municipality will hold a public hearing in the fall to get feedback on the proposed land-use regulations concerning the turbines.

► No date No official date has been set.

● ALEX BOUTILIER

News in brief

Seawall repairs approved

NORTH WEST ARM. Halifax regional council has voted to approve emergency repairs to the North West Arm seawall to rectify a situation that area Coun. Linda Mosher said is putting lives on the line.

"The bottom line is the wall is falling down, it needs to be replaced," Mosher said yesterday.

Funding has been put aside for the seawall's repair since 2005, to the tune of \$250,000.

The emergency repairs will not address the long-term problem, according to HRM's director of infrastructure Phil Townsend, but will deal with the immediate safety concerns for residents using the Dingle park.

● ALEX BOUTILIER

Full slate for PM today in Nova Scotia

► One-day visit includes speech, photo ops, announcements
 ► No stops planned in Halifax area

JENNIFER.
 TAPLIN
 @METRONEWS.CA

Prime Minister Stephen Harper is in the province today, although not in Halifax.

He's starting his day at Waterville at 10:30 a.m. to make an announcement at the Michelin Plant with Greg Kerr, MP for West Nova. From there, he'll head to Lunenburg for a photo opportunity and another announcement.

Premier Darrell Dexter and Gerald Keddy, the South Shore-St. Margaret's MP, will join Harper at the Fisheries Museum of the Atlantic. The last stop of the day will be in New Ross.

There, Harper will speak at the Nova Scotia Member's reception. MPs in attendance include Keddy, Kerr, and Scott Armstrong,



No meeting

Prime Minister Stephen Harper and Premier Darrell Dexter won't be meeting privately during today's visit.

► No time The premier's spokesperson said no meeting time is scheduled as Harper's itinerary is full.

MP for Cumberland-Colchester-Musquodoboit Valley.



HISTORIC PIER 21

► Prime Minister Stephen Harper will make three stops around the province today.

Car linked to crime found in Montreal

Halifax Regional Police say they have no idea why a stolen car they were looking for in regards to an attempted murder from the weekend was located in Montreal.

Police spokesman Const. Brian Palmeter said the

vehicle was found by the Montreal Police Service late on Monday afternoon.

The car — a four-door 2003 blue Honda Civic — was found with nobody inside.

The car has been impounded and will either

be looked over by Montreal police, or investigators from HRP will fly to the city and do it themselves.

Between 11 a.m. and 2:30 p.m. on Sunday, police say a 37-year-old man suffered severe head injuries during a beating in-

side his apartment on the 200 block of Willett Street.

The victim was transported to hospital with serious but stable injuries.

There have been no arrests.

● PHILIP CROUCHER

The security guard noticed four young men who were not supposed to be there. When he approached them, he was hit on the side of the head with a rock. When he hit the ground, he was kicked about four times in the chest. The guard dropped his cellphone and he isn't sure if he lost it or if the assailants stole it.

● METRO HALIFAX

News in brief

Detonation moved to today

DEPOT. A planned detonation scheduled for yesterday that was to shut down Magazine Hill for about two hours is taking place this morning instead.

Yesterday's wet weather was the reason for the one-day delay.

Explosive Ordnance Disposal personnel will detonate the shells at the nearby Canadian Forces Ammunition Depot.

between 10 a.m. and noon today.

The highway will be closed in both directions from Akerley Boulevard and Windmill Road to where Dartmouth Road and the Bedford bypass meet the highway.

● METRO HALIFAX

RCMP lauds kayakers

PICTOU CO. Nova Scotia RCMP are praising the quick action of some kayakers for helping to rescue a swimmer who became distressed on the Northumberland Strait.

THE CANADIAN PRESS

Police looking into abduction claim

Halifax Regional Police were interviewing a male suspect yesterday in regards to an alleged abduction from late Monday night.

Police say a 29-year-old woman knocked on the door of a home in the 2000 block of Old Sambro Road just before 11 a.m. asking for help.

The victim, according to police, alleges she was with a man who took her to a secluded area and held her against her will.

Police say the victim managed to get free, with the homeowner contacting police after she arrived.

Spokesman Const. Brian Palmeter said the victim sustained injuries, but couldn't say if they were from the alleged abduction.

He also said he doesn't believe she was sexually assaulted or that she knew who the alleged abductor was.

● PHILIP CROUCHER

News in brief

Security guard assaulted

ACCOSTED. A security guard was assaulted and possibly robbed while on duty at the Halifax County Rehab Centre on Bissett Road Monday night.



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PM eyes smuggling laws

► Hearings required so authorities can keep migrants in jails until identities are confirmed

Prime Minister Stephen Harper says the federal government "will not hesitate" to strengthen Canada's human smuggling laws, but after a week of suggesting a crackdown, the government has still not provided specifics.

Harper did not spell out what Ottawa might do to prevent future ships full of migrants from arriving in Canadian waters similar to the way 492 Tamils arrived last week.

Public Safety Minister Vic Toews has been saying since last week that Canada will do whatever it has to do to beef up its laws and prevent human smugglers and terrorists from taking advantage of Canada's refugee system.

"Ultimately as a government we're responsible," Harper said yesterday following a local announcement in Mississauga, Ont.

"It's a fundamental exercise of sovereignty. We are responsible for the security of our borders and the ability to welcome people or not welcome people when they come."

Harper noted Canada is a land of refuge, but when hundreds of people come

Request

Leann King, a member of the Immigration and Refugee Board, denied a request from members of the Canadian Tamil Congress to also be allowed at hearings.

► Lawyer's argument Lawyers for the migrants and for the Canada Border Services Agency had argued the hearings should remain closed to protect the identities of the refugee claimants. King says identifying details such as the person's name cannot be reported.

to the country outside the proper channels, it leads to "significant security concerns."

"I think Canadians are pretty concerned when a whole boat of people comes, not through any normal application process, not through any normal arrival channel, and just simply lands and obviously this leads to significant security concerns."

THE CANADIAN PRESS



KARIM KADIM/THE ASSOCIATED PRESS

Iraq bomber kills 61

A suicide bomber sat for hours yesterday among hundreds of army recruits before detonating nail-packed explosives strapped to his body, killing 61 and wounding 125. The bombing cast new doubt on the ability of Iraqi forces as U.S. troops plan to head home soon. Desperate for jobs, dazed survivors rushed to get back in line after the attack.

Que. court acquits hockey legend



"I'm sure it's an extreme relief for him (Guy Lafleur, pictured)."

LOUIS BELLEAU, GUY LAFLEUR'S LAWYER

Quebec's highest court has acquitted hockey legend Guy Lafleur, saying there was reasonable doubt he ever intended to mislead anyone when he testified at his son's bail hearing.

Lafleur was convicted in May 2009 of giving conflicting testimony. A month later, he was handed a suspended sentence and a \$100 fine and ordered to donate \$10,000 to a youth rehab centre.

But the Quebec Court of Appeal ruled yesterday the trial judge erred when he decided Lafleur knew his son Mark was supposed to remain at his parents' home when he was away from the rehabilitation centre where he resided.

The appeals court justices found nothing in the record indicating Mark Lafleur was under such conditions or that his father knew about them.

Mark Lafleur, who is now in his mid-20s, pleaded guilty in February 2009.

to several charges including uttering death threats, forcible confinement and assault. He was given a 15-month conditional sentence.

Lafleur, a Hockey Hall of Famer who led the Montreal Canadiens to five Stanley Cups, has filed a \$3.5-million civil lawsuit against the Montreal police and the Crown over the arrest warrant used to detain him in early 2008.

THE CANADIAN PRESS

Mother charged in murder

faking the accident.

Shaquan Duley, 29, told investigators she was distraught about money troubles and unemployment, said Orangeburg County Sheriff Larry Williams. He said Duley told them she killed the boys — two-year-old Devean C. Duley and 18-month-old Ja'ven T. Duley — with her hands after arguing with her own mother about how she was raising the children.

THE ASSOCIATED PRESS



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Student sues over banned yearbook photo

► Teen left out for wearing tuxedo in senior pictures ► 2nd teen to sue a Mississippi school district for discrimination

Another teenage lesbian is suing a rural Mississippi school district, this time over a policy banning young women from wearing tuxedos in senior yearbook portraits.

Yesterday, the American Civil Liberties Union filed a federal lawsuit for Ceara Sturgis, claiming district discriminated against her on the basis of sex and gender stereotypes. Her photo and name were kept out of her senior yearbook.

The ACLU first contacted the district in October 2009 about the issue, but officials said they would



► Ceara Sturgis

clear Sturgis's photo in a tuxedo wouldn't be included. But Sturgis was surprised to see even her name was left out of the senior section.

"I guess in the back of my mind I knew that was going to happen, but I did have a little hope. I cried. I put my head down and put my hand over my face," Sturgis said yesterday.

Another Mississippi school district student found national attention in her fight to wear a tuxedo and take a same-sex date to prom.

THE ASSOCIATED PRESS

adhere to a school policy. By the time Wesson Attendance Center yearbooks were released this spring, school officials had made

Afghanistan. Ramadan



► Afghan soldiers after a day of fasting.

BRENNAN LINSLEY/THE ASSOCIATED PRESS

Sun down means chow down

Afghan army soldiers smile while holding bowls as they rush to get their first meal of the day after a day of Ramadan fasting, at sunset inside Forward Operating Base Howz-E-Madad in Zhari district, Kandahar province, southern Afghanistan, yesterday.

Kayaks: A good snack for sharks?

A man says he survived an uncomfortably close encounter with a great white shark off the Northern California coast that left 45-centimetre bite marks on his kayak.

He says the shark bit through the paddle leash before swimming away.

THE ASSOCIATED PRESS

Claims for BP directed to overseer

BP plans to stop processing claims from people and businesses hurt by the Gulf oil spill as it prepares to transfer that role to a government-appointed administrator.

The Gulf Coast Claims Facility will take over the process.

THE ASSOCIATED PRESS

9-11 plotter on CIA tape: Official

The CIA has tapes of 9-11 plotter Ramzi Binalshibh being interrogated in a secret overseas prison, officials said.

A Justice Department prosecutor is probing why the tapes were never disclosed. The government told a judge they did not exist. THE ASSOCIATED PRESS

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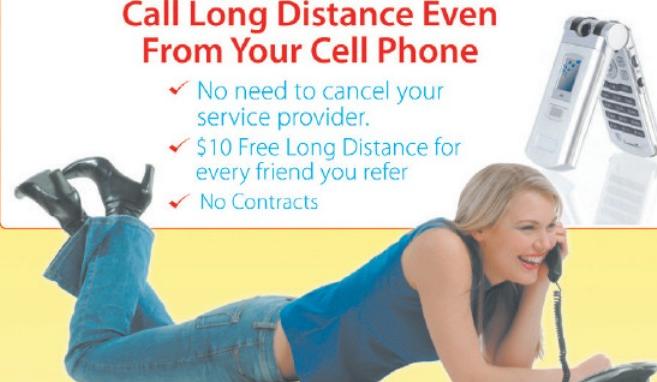
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Healthy millions ... for the kids

Montreal's Sainte-Justine children's hospital is getting \$995 million to modernize and build new facilities, CBC News Online reports. Quebec Premier Jean Charest said yesterday the money will fund two new buildings, containing specialized units and a research centre. The Sainte-Justine University Hospital Centre is the largest mother-child centre in Canada.

Xbox 360 plays a phone game

► Microsoft will use its unique expertise to power Windows Phone 7 line ► Target is Apple's iPhone

Microsoft Corp. is bringing its video-game expertise to the forthcoming Windows Phone 7 line.

It's Microsoft's attempt to capitalize on the success of the Xbox 360 as the software maker tries to compete with Apple Inc.'s iPhone.

Microsoft says a dedicated group inside Microsoft Game Studios will develop video games for Windows phones, help outside game publishers and scout out small, independent game makers.

Video game companies will be able to use the

same tools to make a game for a Windows phone or for the Xbox 360 console.

Microsoft is linking the Windows phone games hub to its Xbox Live service, which about 25 million Xbox and PC gamers already use to check out new games, keep track of scores and send messages to fellow players.

On Windows phones, Xbox live members will be able to do those things, plus interact with their animated game-world avatar — a cartoon character customized to look like them.

THE ASSOCIATED PRESS

The game plan

Microsoft is also announcing a preliminary lineup of games that will be available when the phones go on sale.

► Lineup includes popular Xbox 360 console games such as Halo Waypoint, Crackdown 2: Project Sunburst and Guitar Hero 5.

► Other newcomers include Ilomilo, in which players try to unite cartoon critters separated by tricky paths and mazes.

PotashCorp suitors get ultimatum

The Saskatchewan government says any company that might be interested in taking over fertilizer giant PotashCorp will have to keep its home in the province.

BHP Billiton has put forward a \$38.6-billion US hostile takeover bid for PotashCorp, but PotashCorp rejected the offer.

THE CANADIAN PRESS

"Our pilots are seeking a contract that recognizes their contribution to the success of the airline that they have helped to build."

CAPT. SILVAIN AUBIN,
CHAIRMAN OF THE AIR TRANSAT
MASTER EXECUTIVE COUNCIL

was appointed in June.
The Air Line Pilots Association represents almost

53,000 pilots at 38 airlines in the United States and Canada.

Air Transat sells vacation packages and is the owner of numerous integrated travel-related businesses.

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Market moment

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Starbucks says coffee perking

Starbucks Corp. is optimistic for the next year even as it deals with higher coffee prices, saying it will be able to absorb the costs.

The Seattle-based coffee chain said yesterday that despite spikes in the market, "we remain confident in our ability to manage this dynamic effectively."

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BIG IDEAS IN THE BIG SMOKE

Just sayin'

PAUL SULLIVAN



I kinda miss Mel Lastman.

Mel wasn't afraid to think big. As mayor of Toronto, he called in the army to deal with a snowstorm. In Canada.

Before flying to Kenya to lobby for the 2008 Summer Olympics, he uttered this legendary quote: "What the hell do I want to go to a place like Mombasa? I'm sort of scared about going out there, but the wife is really nervous. I just see myself in a pot of boiling water with all these natives dancing around me."

The games subsequently went to Beijing.

A guy like Mel is hard to replace. Fortunately, there must be something special in the city

water supply, because the former furniture mogul appears to have a successor.

Meet Giorgio Mammoliti, Toronto councillor and former mayoralty candidate who is not afraid to be like Mel.

His platform included a casino, a lottery and a red light district, but — amazingly — that wasn't enough to nudge him out of last place in the polls, so he withdrew to focus on retaining his seat. He did promise to try again in the future, though, so all is not lost.

And his latest big idea is wor-

thy of Mel Lastman. If council gets behind it, he'll finally come first in the poles: We're talking about North America's largest flagpole, to be located in the middle of the urban wilderness at Finch and the 400. If you've spent any time at all in Toronto, you've never been to Finch and the 400 unless you were hopelessly lost.

An odd target for urban renewal as there's nothing there to renew.

But all that will change, as Giorgio champions the,

um, erection of a pole that may not challenge the CN Tower for Toronto's largest phallic symbol,

but will definitely own the phallic/patriotic showoff category. The \$2.5-million entity would thrust 125 metres tall into the North York smog, about the height of a 40-storey building, topped with a Canadian flag the size of a football field.

The only other poles hoisted higher than Giorgio's dream petard are in the Middle East, the two tallest in Jordan, of all places, at 130 and 126 metres respectively.

This formidable flagpole will no doubt cement Toronto's status as a world-class city and give the folks in Jordan something to worry about, but the guy who stands tall, who isn't afraid to be measured, is Giorgio Mammoliti.

Move over Mel! Finally, someone beats the Bad Boy at his own game.

Cartoon



MICHAEL DE ADDER

Redefining prime time

Worth mentioning

If you've never time-shifted a prime-time television series — watched it later on a DVR, over the Internet or ordered it on demand — you're in the minority.

A survey of viewers conducted on the eve of the new fall season quantifies what has become commonplace in millions of American homes: People are putting themselves in charge of their own TV schedule.

Sixty-two per cent of U.S. viewers interviewed in a poll conducted for that nation's largest cable company, Comcast Corp., said they have used time-shifting technology. Six in

Time-shifting: TV's future



TORSTAR NEWS SERVICE

10 people said they owned a digital video recorder.

Among the new majority is Bethany Hardy, 36, of Arlington, Va., a writer and mother of a three-year-old. She said she and her husband rarely watch live television.

"It's a generational thing," she said. "All of my friends are pretty

much the same way."

Hardy said it's after 9 p.m., when the toddler has been put to bed and she's cleaned the house a little, that she has time to think about catching up on her favourite shows.

The survey found that 60 per cent of viewers report time-shifting more than they did a year ago.

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Metro Minute at the rodeo

Celebrate country living with a parade this afternoon in Middle Musquodoboit. The theme for this year's Halifax County Exhibition is A New Beginning.

While you're at it, check out rabbit showmanship, and draft horse line classes at the Exhibition Grounds.

It's been hosted in the

village since 1886, making it one of the oldest and last open-air agricultural fairs.

Tomorrow there will be a horse pull followed by a movie night. Then on Friday make sure to fill out a hay roll entry form online to take part in the Men and Women's Hay Toss.

The rodeo starts at 8 p.m. on Saturday.

● METRO HALIFAX



► The horse pull is scheduled for tomorrow.

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PHOTO COURTESY JOCELYN PARKER



Quoted



"It is getting hard for people — they see Haiti, they see these other events ... and they get exhausted by the time another big one rolls around...mass death, mass displacement, and this situation is going to get worse"

ANGELINA JOLIE TALKING ABOUT HOW IT'S VITAL THAT PEOPLE HELP PAKISTAN'S FLOOD VICTIMS AND NOT SURRENDER TO COMPASSION FATIGUE.

◆ Everyone says that the hardest thing to do once you make it is to not change who you are
◆ According to Ice Cube though, it's not the people who make it big that change but the people around them



Ice Cube alienated by his success

NED EHRBAR
SCENE@METRONEWS.CA
METRO WORLD NEWS IN LOS ANGELES

"Who was cool with me before I made the money is going to be cool with me now" ICE CUBE

Ice Cube had no trouble relating to Kevin Carson, the young protagonist in *Lottery Ticket* — opening Friday — whose life turns upside down when he wins \$370 million US.

"The first thing they tell you is, 'Don't change!' What you realize is you don't change that much. It's just everybody around you," he says of his rise to

fame 20 years ago as a rapper with NWA. "You find yourself kind of alienated. Everybody's talking about you before you get there, and you can feel it. It's just a whole different thing."

As a successful rapper, actor, producer, writer and director, he's seen incredible success, but he's also seen the downside of it,

and he cautions young artists from getting too obsessed with fame. "Everybody that wants to be successful should always be careful what you wish for," Cube says. "A lot of artists and entertainers want to put the genie back in the bottle. They wish they could go back to being who they were."

But Cube himself has managed to maintain an even keel, with no desire to put that genie back. The trick, he insists, is to keep your wits about you — and to know who your friends are. "You've got to make adjustments," he says. "Who was cool with me before I made the money is going to be cool with me now. Who wasn't cool with me before I made this, I'm giving them problems all the time like I was before. You know, don't get nice on me now."

First-time directors

For *Lottery Ticket*, producer Ice Cube handed the reins over to first-time director Erik White, who'd made a name for himself in music videos. "We work with a lot of first-time directors. We always have, probably always will," Cube says. "We like the collaborative spirit of first-time directors. I think we do well with them."

For Cube, nurturing young artists is a major part of his company's philosophy. "There's a lot of gems in our community or in our world, he says. And he insists there were no worries about whether White could handle the pressure — and no power struggles, even though Cube was also on set as an actor for the film.

◆ NED EHRBAR



Marilyn's dress, Michael's glove:
Auction-goers vie to own a piece
of fave stars

A Phoenix far from rising

► Those looking for answers following Joaquin's odd ball antics last year can find some at this year's TIFF

Casey Affleck's controversial movie about Joaquin Phoenix's attempt to launch a hip-hop career will screen at next month's Toronto International Film Festival.

I'm Still Here marks the directorial debut of Affleck, whose acting credits include 2007's Gone Baby Gone, which was helmed by his brother Ben.

Phoenix caused a sensation last year when he declared his intention to quit acting in favour of music.

A series of bizarre appearances followed, including a memorable guest spot on Late Show with David Letterman, during which Phoenix — sporting a shaggy beard and sunglasses — was mostly incomprehensible.

The incident prompted many to wonder if Phoenix's music career was an elaborate put-on in service of Affleck's film project. Buzz about the



► Joaquin Phoenix appeared on the Late Show with David Letterman in what has now become a legendary interview.

film hasn't exactly been entirely positive. Details of an advance screening for

film buyers were leaked to the L.A. Times, with reports circulating that the

film featured more nudity than a pornographic movie and that someone

defecates on Phoenix while he sleeps.

THE CANADIAN PRESS

TIFF

The Toronto International Film Festival made other announcements this week.

► **Big stars** The festival also announced that it will feature the latest from Danny Boyle. Based on a true story, 127 Hours stars James Franco as a mountain climber trapped in a Utah canyon.

► **Slumdog** Boyle was the toast of Toronto two years ago, winning the audience choice award for Slumdog Millionaire, which went on to nab the Academy Award for best picture.

► **More stars** Other marquee stars have also been confirmed for the fest. Clint Eastwood, Dustin Lance Black, Liv Tyler, Kevin Bacon and Canadian Ellen Page, Will Ferrell, Keira Knightley and Sam Worthington will attend.

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Wife goes from 'Good' to Sexy in Season Two

► CBS series gets downright racy, says Margulies
 ► Steamy sex scene yet to make it past producers

TV watch list

Awards to be all Family

EMMY NODS. If you want to be well-prepared for this month's Emmy Awards, plan to spend some quality time with *Modern Family*, which is up for 14 awards. Five cast members — Julie Bowen, Sofia Vergara, Ty Burrell, Eric Stonestreet and Jesse Tyler Ferguson — are up for awards. Meanwhile, Ed O'Neill — arguably the best-known actor on the show — didn't get a nomination. In tonight's episode, Jay and Phil compete to manage Luke and Manny's baseball team.

► *Modern Family*
 City TV and ABC

Hell's fires find a new pan

MORE RAMSAY The top 14 contestants enter the kitchen together for the very first time on *MasterChef*. Somehow, it seems unlikely that judge Gordon Ramsay will go easy on them.

► *MasterChef*
 CTV and Fox

Things will be getting a little steamy on the new season of *The Good Wife*.

Before giving a tour of the Brooklyn set for CBS' hit drama on Monday, CBS showed reporters clips of a scene for the second season debut that depicted the estranged couple played by Julianna Margulies and Chris Noth getting intimate.

Noth plays disgraced Chicago politician Peter Florrick, who gets turned on by seeing his wife Alicia work forcefully as a lawyer in the courtroom for the

first time. He comes on to her in the bathroom of their apartment that night and she resists. But before the scene fades out, it's clear that the couple is about to get intimate.

"There's definitely a new playing field," Margulies told reporters.

Margulies said it becomes clear in the characters' relationship that they work the same way and it's a turn-on for both of them.

It's not clear how much of the scene will be shown during the Sept. 28 premiere. The clip still hasn't

gone through the CBS standards department, network spokeswoman Lana Kim said.

The show, itself inspired by real-life episodes of philandering politicians and their wives, will continue to be inspired by the headlines this season. The BP oil spill becomes part of one story, Margulies said.

A character depicting Alicia Florrick's gay brother, who has a long-running animosity toward Peter, will be featured this season.

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I'm sure I saw "new coat for Mom" on the school supply list.

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The Big C: How to avoid the big D

► Why a 'cancer comedy' isn't depressing, about dying, or writing itself into a hole

The Big C calls itself a "cancer comedy," seemingly an oxymoron of a label.

But this tale of how high school teacher Cathy Jamison (the fantastic Laura Linney) reacts to her di-

agnosis of stage 4 melanoma — mostly in humorous scenes of the uptight 42-year-old's emotional liberation, like ordering "just desserts and liquor" at a restaurant — is

much more a contemplative celebration of how we each choose to live life.

"When I created this show, I thought, who doesn't need to laugh more than someone who is deal-

ing with cancer in any sort of way," says series executive producer Darlene Hunt. "But it's also a show about living and not dying. It's a show for everybody because we are all on borrowed time."

While The Big C is about a woman with terminal cancer, her impending death isn't the focus.

"We don't think in terms of when are we going to kill (Cathy) because the show is much more about the exploration of what she's going to be doing while she's alive," says executive producer Jenny Bicks. ■ METRO NEWS SERVICES

Badu fined for video striptease

► Singer reportedly paid \$500 US to the city of Dallas for her birthday suit romp at JFK assassination site

A city spokesman says singer Erykah Badu has paid a \$500 US fine and will serve six months of probation for stripping during a music video shoot at Dealey Plaza in Dallas, where President John F. Kennedy was fatally shot in 1963.

Badu performed a walking striptease March 13 for her Window Seat music video. The video ends with a nude Badu falling to the ground as if she has been shot.

Police in April cited her for disorderly conduct after a witness made a sworn complaint. A number of children were among the tourists and other random passers-by seen on the video.

Dallas city spokesman Frank Librio says Badu paid the fine Friday.

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Charges cleared for TV cop

Ice-T has been cleared of unlicensed driving charges stemming from a New York City arrest.

The rapper-actor called out "that's what I'm talking about — dismissed!" in a Manhattan courtroom yesterday. Prosecutors did

just that to the misde-meanour case.

The entertainer, born Tracy Marrow, said last month when he was arrested that he had a valid New Jersey license.

Prosecutors said yesterday that New York Depart-

ment of Motor Vehicles records wrongly reflected that his license was suspended because of a lack of insurance. Ice-T says he didn't know about the glitch in New York records and "never broke the law."

THE ASSOCIATED PRESS

Celebrity tweets



Wilmer Valderrama
[@Willy-Ville]

Today, something special will happen!.. I can feel it..



Katy Perry
[@katyperry]

I just played in what felt like a steam room in latex. I can't believe I didn't fall faint... summers in Tokyo are HOOOOT!



Nathan Fillion
[@Nathan-Fillion]

Ever eat a bowl of cereal and you are so tired you think, "Was that milk bad?"



Marcia Cross
[@Really-Marcia]

In the first 15 minutes of Peter Pan, Tinkerbell looks in a mirror and thinks she is fat!!!! I was blown away. We have to be aware!

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3 life

Side Trips

If you're planning a vacation in Yellowstone, consider side trips to a trio of unusual destinations in Wyoming on your way.

CODY

This town was founded by Bill Cody, also known as Buffalo Bill, in 1896. Yellowstone's east entrance is just 84 kilometres away, but it's worth spending a day or so here, rather than just using the town as a jumping-off point for the park.



DEVILS TOWER

This natural stone formation located in northeast Wyoming. It's an awesome sight, rising 264 metres from its base or 386 metres above the Belle Fourche River.

THERMOPOLIS

On a rocky hill overlooking this quiet town of 3,000 is a hand-painted sign: "World's largest hot springs," with an arrow. These springs gush millions of litres of mineral water a day at a constant temperature of 57 C. THE ASSOCIATED PRESS



Interested in New Mexican art? The Spanish colonial museum has a new exhibit showcasing its diversity.

► The world's first national park offers a great chance to see animals, such as wolves elk, eagles and bison in their own habitats ► Grab your binoculars and cameras as you will see sights like nowhere else in the world

DANIEL HARPAZ/THE ASSOCIATED PRESS



► The Beehive Geyser is just one of about 300 geysers and 10,000 hot springs in Yellowstone National Park.

Yellowstone's natural Wonders never cease to amaze

An out-of-this world experience

While wildlife-watching was our No. 1 reason for visiting Yellowstone, the park's other-worldly landscapes turned out to be just as fascinating. Yellowstone has about 300 geysers and 10,000 hot springs, bubbling mud pots and steam vents, constituting more thermal features than are found anywhere else in the world.

A hike through the Norris Geyser Basin was a great introduction to this landscape. It felt like a walk on another planet, or a set for a movie about a prehistoric era. White steam rose over the dark green pine trees, and the ground was potholed with bubbling cauldrons and boiling fountains.

Naturally you must be cautious around the geysers — the scalding water can burn or even kill you. Geyser eruptions can vary from every few minutes to every few days to once every 50 years, and part of what made the walk through Norris Basin so spooky was the unpredictability.

Of course a visit to Old Faithful is mandatory. It erupts to a height of more than 30 metres every 66 to 80 minutes, although occasionally the wait stretches to two hours.

THE ASSOCIATED PRESS



► The Grand Canyon of the Yellowstone is a popular tourist stop in the park, offering stunning views.

BETH HARPAZ/THE ASSOCIATED PRESS

Trip tips

► The park borders on Wyoming, Idaho and Montana, with five entrances and a series of interior loop roads providing easy access to major features like Old Faithful, Lamar Valley, Yellowstone Lake, the Grand Canyon and Norris Geyser Basin. Check the website for road closures and other advisories. Admission is \$25 per car. nps.gov/yell/

roadways and other tourist-heavy areas, and they're so big they can be spotted from a long distance.

But if you do your homework you will learn that there are two easily accessible areas of the park known for wolf-watching: Lamar Valley and Hayden Valley. "They have been seen everywhere," said Nash.

THE ASSOCIATED PRESS

generation after generation. In addition to being home to 75 per cent of the earth's geysers, Yellowstone is also a wonderful place to view wildlife. With mating season for buffalo taking place in August, followed by mating season for elk in September, late summer is an ideal time for a trip.

For some wolf-watching is a prime objective of our visit to Yellowstone. But there are no guarantees

that you will see the elusive animals. There are only about 100 wolves living in the park's 9,065 square kilometres, according to park spokesman Al Nash. They're small, they blend in to the landscape, they can quickly change position, and they will not go near people.

In contrast, bison were easy to find. They're slow-moving, they don't mind congregating near busy

Springsteen's Asbury Park

► Fans of The Boss flock to New Jersey seaside community ► Many local sites referenced in his songs

Greetings from Asbury Park!

If you're a Bruce Springsteen fan, do we have a trip for you.

Even if your reaction to that famous salutation is "Hil!" "Hey!" or "Huh?" the folks in Asbury Park will be equally happy to meet you.

This friendly seaside community, indelibly linked to Springsteen's 1973 debut album, Greetings From Asbury Park, N.J., has plenty to offer — whether you're among the fans making pilgrimages or just want to have fun, relax and enjoy the beach.

Just ask Jorunn Elnes of Rjukan, Norway — or the E Street Band's Clarence Clemons.

"It's the most beautiful beach and the most beautiful boardwalk," Clemons said in a recent AP inter-

view.

He has the wholehearted agreement of Elnes, who took time off from her banking job to visit Asbury Park three times in the span of a year.

Jersey Shore author-historian Stan Goldstein says the boardwalk is the best it's been in more than 30 years.

Goldstein remembers the giant Exxon sign that brought this fair city light and the now-razed Flamingo motel, whose name may have inspired the fictitious Flamingo Lane of Springsteen's song Jungleland.

Clemons fondly recalls a carousel with handcrafted horses, and driving around an informal route known as "the circuit," referred to in Springsteen's Night and 4th of July, Asbury Park.



That was before Asbury Park became a city of ruins.

Race riots in 1970 "sucked all the life right out of Asbury Park," says Clemons. Its swan song "was really, really sad."

The city has undergone a recent renaissance. Upscale development has

snowballed. Goldstein says it's now like a family-friendly version of Miami's South Beach.

"It's all coming back now; that's exciting," says Clemons, though he impulsively denounces the city's recent rejection of a topless beach proposal.

The pristine sand, trendy but relaxed bars and cafes, the Silverball pinball museum (1000 Ocean Ave.), and an adorable boardwalk water park for kids are hallmarks of the resurrection.

Elnes, who came to the U.S. to see parts of a Spring-

MEL EVANS/THE ASSOCIATED PRESS FILE PHOTO

steen tour and the Light of Day benefit in Asbury Park, also loved the city's "small, nice shops," and she enjoyed "a very, very good hamburger at a restaurant near the Paramount Theatre," one of the boardwalk's stately anchors.

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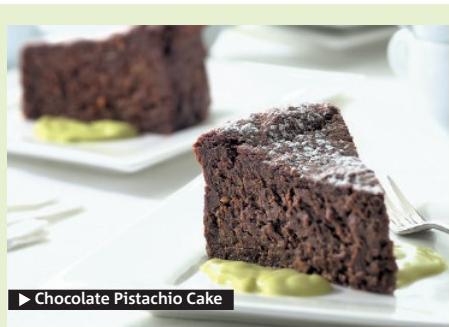


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► Chocolate Pistachio Cake

Avocados can be for desserts too

Here is a decadent cake to try at home that incorporates fresh avocados.

Chocolate Pistachio Cake

- 170 (6 oz) pistachios, shelled
- 250 ml (1 cup) sugar, divided
- 190 g (7 oz) bittersweet chocolate, finely chopped in food processor
- 170 (6 oz) unsalted butter, cut into 2.5-cm (1-inch) pieces
- 15 ml (1 tbsp) flour
- 4 eggs, separated
- 2 ripe fresh avocados, peeled, seeded and diced
- 5 ml (1 tsp) vanilla extract
- 0.5 ml (1/8 tsp) cream of tartar
- Powdered sugar
- Creme Anglaise

Method

- Preheat oven to 150 C (300 F). On a baking sheet, arrange pistachios and place in oven for about 15 minutes to toast nuts until they are dry and aromatic. Stir pistachios occasionally; let cool. Grind nuts in food processor with 50 ml (1/4 cup) sugar and the flour, pulsing on/off, until the consistency of fine meal.
 - Increase heat to 180 C (350 F). Butter a 20-cm (8-inch) springform pan, line with parchment paper, then turn paper over.
 - In a microwave-safe bowl, combine chocolate and butter and
 - microwave on medium power for 2 1/2 minutes. Stir until smooth.
 - In the bowl of an electric mixer on medium speed, beat egg yolks with the whisk attachment. Gradually add 125 ml (1/2 cup) of the sugar and continue beating until yolks are thick. Add avocados, increase speed and beat until smooth. Reduce speed to low and gradually stir in vanilla, chocolate and nut mixtures.
 - In a medium bowl, beat egg whites with cream of tartar on medium speed until peaks form. Add 50 ml (1/4 cup) sugar, 15 ml (1 tbsp) at a time, and continue beating until stiff. Fold beaten whites into yolk mixture (yolk mixture will be very thick). Fold yolk mixture back into remaining whites. Pour into pan. Tap pan on work surface and smooth top with a spatula to level. Bake for about 40 minutes or until a toothpick comes out almost clean. Allow cake to cool in pan.
 - Remove sides of springform pan and, using a long spatula, slide the cake off the paper onto the serving plate. Ladle Creme Anglaise into the centre of each dessert plate, place a wedge of cake in the centre of the plate and serve immediately.
- THE ASSOCIATED PRESS**

► It appears that guacamole, a zesty dip made of avocados, may be a little passe now that chefs have found other ways to use this buttery fruit

AMANDA GOVAERT (FLICKR: AMANDA GOVAERT)

"In many pastries you may have cream, cream cheese or ricotta and that's why I think avocados can be used in desserts because of their creamy richness," says Susan Feniger, chef and co-owner of a string of Mexican restaurants in southern California with her partner, chef Mary Sue Milliken.

Feniger says that avocados used in place of dairy products appeal to vegans as well.

"Sometimes you may be making tomato soup and you use avocado instead of cream. That would certainly appeal to a vegan palate."

Avocados are native to the tropics and subtropics and are regarded for their lush, buttery texture and nut-like flavour.

Known earlier on as alligator pear, the many varieties range from round to pear-shaped. The skin can be thick and green to purplish-black and smooth to corrugated.

Feniger says that she has created a dessert recipe using mangoes, grapefruit and avocado with yogurt or sour cream, honey and lime, which is "sensational."

"You have this richness of avocado and with the natural sweetness of the fruit, the acidity and the sour cream or yogurt, it's a great combination."

Feniger says that like cream, avocados have calories, "but they are also loaded with great nutrients that are so good for you."

"It's the good fat and good cholesterol, not the bad," she says. "You can



► Avocados for sale at a market.

use avocados in small amounts to enrich a dish and even if you add one to a salad you don't need as much oil."

Feniger also uses avocados in mixed cocktails.

"We did an avocado margarita at one of the restaurants. It adds body and texture to a mixed drink," she says. "I could imagine taking avocados and using them pureed and thinning them with lime juice, making it more like a pina colada — and a healthy one at that."

THE ASSOCIATED PRESS

Health facts

Avocados are high in vitamins and minerals and good source of healthy fat. Here are some nutritional facts on avocados:

► One-fifth of a medium 30-g (1-oz) avocado has 50 calories and contributes nearly 20 vitamins and minerals.

► Avocados contain good fats, providing 3 g monounsaturated fat and 0.5 g polyunsaturated fat

per 30-g (1-oz) serving.

► They act as a "nutrient booster" by enabling the body to absorb more fat-soluble nutrients, such as alpha- and beta-carotene as well as lutein, from foods that are eaten with the fruit.

► Lutein has been shown to be concentrated in the macula of the eye, and research suggests that it might help maintain healthy eyesight as we age.

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New approach to networking

► New book The Power of Who aims to change how you network

We're told that getting a job isn't about what you know, but who you know. Networking is crucial when job hunting, or so we thought. But one man is challenging that belief, saying the only networking you need to do is with friends you already have.

Bob Beaudine, President and CEO of Eastman & Beaudine, and a top executive recruiter in sports and entertainment, discusses this new approach to networking in his book, *The Power of Who: You Already Know Everything*.

One You Need to Know.

"I wrote the book because I want to help, and to do that we first need to change the way we network," says Beaudine. "Networking is the greatest thing in the world, just not the way we do it."

The Power of Who is all about finding your "who" and using them to get to the next step.

Everyone has a "who": List everyone you know, and then narrow the list down to those you consider friends.

Out of 5,265 people he

knows, Beaudine only considers 87 part of his "who."

"Identify your who, decide what you want, and connect," he says. "Have your friends help you connect. This is already in place for us and doesn't cost anything."

Sounds too simple? It is. "Sometimes the most profound ideas are the simplest," says Beaudine.

"We've left all the people who know us, like us, and are rooting for us, and instead network with people who don't know

anything about us."

When consulting your "who," know which ones to ask for help, and be clear. Your friends can't help if you don't tell them what you want.

And in this tough job market, your "who" might be just what you needed. "How many people do you need to get your dream job?" says Beaudine. "One, and that's hope."

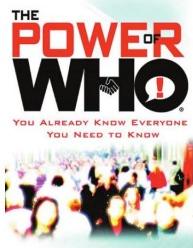
● METRO

Power tips

Beaudine's four tips for networking.

► 1. Do I know you? References, endorsements and testimonials are your greatest allies when applying for jobs. A recommendation from a friend reveals more about your character and work ethic than someone who barely knows you personally, such as a previous boss.

► 2. Do I like you? Can you really build a relationship with someone in a few minutes? If your interview-



He has heard about you from a mutual friend, they'll feel like they know you better right away.

► 3. Can I trust that you un-

derstand my needs? Do your homework on the interviewer. Know what they need and prepare for answers that show you can fill their needs. A friend's recommendation can prove you're trustworthy.

► 4. Are you the best for me in my particular situation? Show passion for the job and your work. People want to work with those they can become friends. If your interviewer knows a friend that describes your personality and love of your field, they'll be more comfortable hiring you.

● METRO

RECIPE FOR THE RECENTLY DISMISSED

Dismissed employees are always asking "how do you win an employment law case?" Here are three tips that, if nothing else, ought to ensure an appropriate severance package, if not more.

Always negotiate: Companies realize that most people will just take what they are offered, happy to get anything at all. So they deliberately offer less than they are ultimately prepared to pay. There is usually some flexibility in the figures — so ask for more.

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advanced and persuasively argued and that critical mistakes are avoided. A lawyer's Google rankings have nothing to do with his or her legal skill. Similarly, there are no rules limiting lawyers without much experience in employment law from professing that they practise it, on their websites and in the media — and they often do. Avoid legal practitioners who brandish promises of extraordinary results. In law as in life, if something is too good to be true, it is often is. Also avoid lawyers, or paralegals, who merely dabble in employment law, since they may not keep abreast of the recent developments — and worse, employers' counsel often knows who they are.

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Finding balance is key to helping with homework

► Study suggests that asking a parent for help can improve a student's academic performance

A new school year is fast approaching and for many families, homework will once again become a nightly activity. Making homework a positive and productive experience is something that every parent aims for.

According to a recent survey conducted by Ipsos-Reid for Kumon Math and Reading Centres, if parents take the time to teach their child to proactively ask for homework support, it can help them improve academic performance and enjoy a more rewarding homework experience.

According to responses from more than 1,200 Canadian parents, more

than half of the children who actively engage their parents in homework support perform at an average to above average level at school. Also, children who engage their parents in the homework process enjoy more dynamic support. From monitoring homework progress (75 per cent) to discussing the assignment (75 per cent), these children turn what can be a source of stress into an interactive, two-way dialogue about learning.

Demonstrating an interest in your child's homework and offering support is not the same thing as completing assignments for your child. Here are some



► Demonstrating an interest in your child's homework and offering support is not the same thing as completing assignments for them.

key tips on finding that balance, from Kumon Math and Reading Centres:

• Know the school's homework policy. Ask about the kinds of assign-

ments students are expected to complete, the anticipated length of time it

Helpful tip

► Check that your child's assignment is complete before it is submitted, and review the feedback provided by the teacher once it has been returned.

takes to complete assignments, and expectations for parent involvement.

- Establish a routine for homework completion. This means determining a regular time each day in a distraction-free environment with all of the tools and resources at hand.

- Reinforce good study habits at home. Help your child to structure his or her time before assignments are due. Discuss the steps that are required and map it out with respect to the amount of time it will take.

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Back to school shopping can be scavenger hunt

Like millions of other parents this time of year, I'm about to embark on the annual scavenger hunt known as back-to-school shopping.

I thought this dreadful ritual would get easier when my youngest son reached middle school, but in fact it merely multiplied from one nerve-racking list, to six — along with the number of teachers he has.

I would be fine if these lists were simple reminders of basic supplies — pencils, pens, paper, notebooks. Sure, they need a few folders and a book bag, and as math gets more complicated, graph paper and a calculator. I can even understand index cards, Post-its and a yellow highlighter.

But how many times do you see parents wandering up and down the aisles of Staples or Walmart or OfficeMax searching for items that either don't exist or

that have sold out in a frenzy as mothers of every kid in Miss So-and-So's class fought for the last graph paper marble composition book or fine-point Flair pen.

Diana Shackleford, a Dallas mom and freelance writer, also points out that



"For my kindergartner, I was asked to bring in coloured feathers, which I finally found at a craft store." HOLLY MICHAEL

stores and teachers' lists routinely "disagree on pen and pencil package counts. The list asks for a 12-count, but pencils and pens come in 10-count packages!"

The worst part of this retail insanity is that half of this stuff never gets used. I have a drawer full of Post-its in every conceivable colour and size, ordered up over the years. The only hope I have of getting through the sticky stacks is to leave myself notes on the fridge that say things like, "Have a nice day!" THE ASSOCIATED PRESS

Dunbrack women back on top

Halifax Dunbrack Rooms Plus will get another crack at a national gold medal.

Dunbrack captured its second straight EastLink Premiership provincial women's soccer title last night at Mainland Common with a convincing 3-1 triumph over Cape Breton United.

After winning bronze at nationals last year, they're eager to go back for more in October.

"Our goal was to get gold (last year), and a lot of us are back from that team," said Dunbrack captain Teresa Morrison.

"It's good to get back there and have another chance."

Morrison, the league MVP, scored on a penalty kick in the third minute and Leanne Huck added to the damage in the 40th. Although a Cape Breton goal from Krista Rudderham in the 50th

minute planted a seed of doubt, Ally Read put the game away just eight minutes later.

"I was a little bit nervous (when they scored)," Morrison admitted. "But we knew the next goal was the biggest goal to get, and we got it."

Dunbrack doesn't have far to travel for nationals, with Charlottetown, P.E.I., playing host from Oct. 6 to 11.

• MATTHEW WUEST



RYAN TAPLIN/METRO HALIFAX

4
sports

Sports in brief



Dunbrack takes men's Premiership

- Thirty-minute OT solves nothing
- Dunbrack goalkeeper stops two penalty kicks to secure title

 **MATTHEW WUEST**
@METRONEWS.CA

Ben Ur made sure it wasn't déjà vu for Halifax Dunbrack City Mazda in the EastLink Premiership men's final.

The all-star goalkeeper rewarded his teammates for more than 120 minutes of hard-fought soccer by turning aside back-to-back penalty kicks and lifting his team to a provincial championship with a win over Suburban FC.

Sean Kodejs, Danny Worthington and Wes Hawley helped Dunbrack go 3-for-3 on kicks while Ian Greedy was the only Suburban shooter to best Ur.

"It's one of those things where you just have to guess (which way the kicker will go) sometimes,"

"We practised a lot on penalty kicks yesterday because we thought it would come down to that tonight."

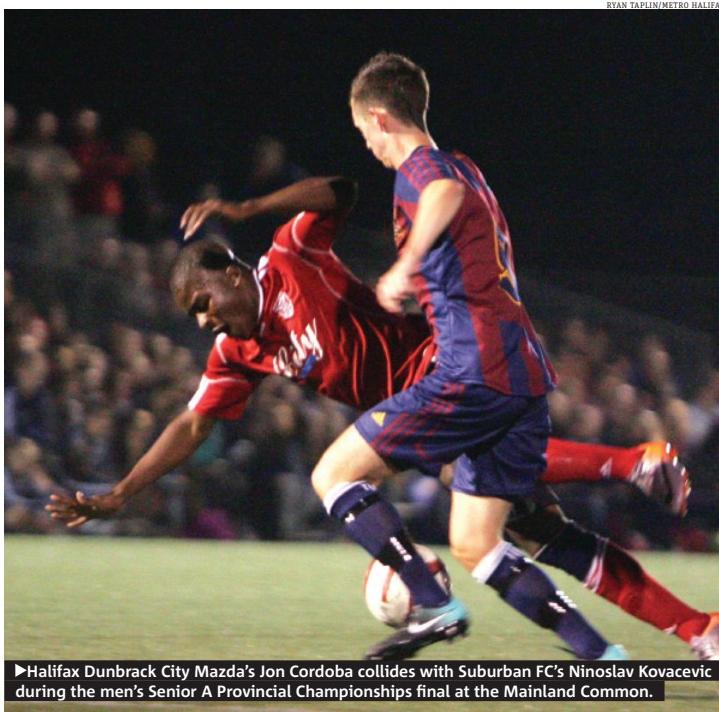
DUNBRACK STRIKER JON CORDOBA

said Ur, a Halifax native. "I guess I just got lucky."

The score was tied 2-2 after regulation and 30 minutes of overtime, with Jon Cordoba and Ryan Devreux scoring for Dunbrack and Mesut Mert and Greedy finding the net for Suburban.

But Dunbrack finally put the heartbreak of back-to-back final setbacks behind them.

"It feels amazing to finally get it," Ur said. "These guys have stuck together. It's been on our minds for a long time, and (winning) is what it's all about."



► Halifax Dunbrack City Mazda's Jon Cordoba collides with Suburban FC's Ninoslav Kovacevic during the men's Senior A Provincial Championships final at the Mainland Common.

Palardy resets career

Saint Mary's Huskies alumnus Justin Palardy will start as place-kicker for the Winnipeg Blue Bombers tomorrow against the Montreal Alouettes, according to the Winnipeg Free Press.

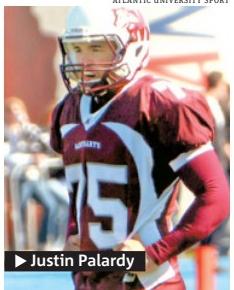
Palardy, who was recently cut as a punter by the Hamilton Tiger-Cats, edged out Warren Kean for the right to fill in for injured starter Louie Sakoda

8 p.m. Game time for the Blue Bombers and Alouettes tomorrow, live on TSN.

after a brief tryout this week.

The native of Murray Siding, Colchester Co., will need a strong showing to keep the job after Sakoda gets healthy.

• METRO HALIFAX



► Justin Palardy

Sports in brief

Canadians beat Moosehead Dry

BASEBALL. The Halifax Pelham Molson Canadians edged Dartmouth Moosehead Dry 6-5 in Nova Scotia Senior Baseball League action at Mainland Common last night. Josh Pelham had a double and two singles while Barrett

Bellefontaine earned the victory. The Canadians improved to 17-8.

Ex-Rainman nets 12 for nats

BASKETBALL. Halifax Rainmen alumnus Jevoahn Shepherd had a team-high 12 points as Canada's men's basketball team was hammered 123-49 by host Greece in an exhibition game in Athens yesterday. • METRO HALIFAX

1 Phillies activate all-star 2B Chase Utley from DL.

2 New York Giants not certain if Eli Manning will be able to play on Saturday.

3 Famed home run hitter Bobby Thomson dies at age 86.



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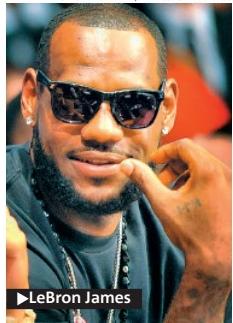
LeBron has sharp words for old boss

Adding a new layer to the rift between LeBron James and Dan Gilbert, the NBA's two-time reigning MVP and new Miami Heat forward has told GQ magazine that he isn't sure the Cleveland Cavaliers owner "ever cared" about him during their time together.

In an article released yesterday, James spoke of how widespread criticism of his decision — and how he chose to make it a television event — is fuelling him this off-season, plus reiterated how Ohio will always remain his home.

But perhaps his sharpest words were reserved for Gilbert, the owner who lashed out at him shortly after James announced that he would be joining the Heat.

"I don't think he ever cared about LeBron," James is quoted as saying. "My mother always told me: You will see the light of people when they hit adversity. You'll get a good



▶ LeBron James

sense of their character. Me and my family have seen the character of that man."

Gilbert did not immediately respond to a request for comment.

James made similar remarks on the night Miami signed him to a six-year contract, doing so while sitting alongside the other two legs of the Heat superstar triangle, Dwyane Wade and Chris Bosh.

THE ASSOCIATED PRESS

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Also from the GQ article:

► On "The Decision" James said he wouldn't change any part of the made-for-TV event in Greenwich, Conn. The hour-long show made \$2.5 million for Boys & Girls Clubs. "When I found out I had an opportunity to do that for those kids, it was a no-brainer," James said.

► On Cleveland James explained he's always had an uneasy relationship with Cleveland because he's from Akron, a half-hour away. "It's not far, but it is far," James said. "And Clevelanders, because they were the bigger-city kids when we were growing up, looked down on us.... So we didn't actually like Cleveland. We hated Cleveland growing up. There's a lot of people in Cleveland we still hate to this day."



▶ Vikings fans wait outside the club's facility in Eden Prairie, Minn., for QB Brett Favre to arrive yesterday.

Favre up to his old tricks

QB back in Minnesota Website hints at news to come

Brett Favre is back in the building.

The 40-year-old quarterback returned to Minnesota yesterday, arriving in a private jet trimmed in the Vikings' purple and gold with three teammates who were sent to Hattiesburg, Miss., to bring him back for one more shot at a Super Bowl.

This time around, Favre got a ride to Vikings headquarters from kicker and close friend Ryan Longwell — last year, when he joined

Minnesota, head coach Brad Childress was at the wheel. Longwell's black SUV was followed by three helicopters from local television stations and pulled into Vikings headquarters as dozens of fans cheered and photographers snapped pictures.

Favre's website posted a message earlier saying "stay tuned for breaking news from the Minnesota Vikings today on Brett Favre's possible return."

Presumably, Favre did

not make the trip just to tell the Vikings he was retiring, but the team still had not given an official confirmation that the star quarterback will play this year. He is, however, under contract — the second season in a two-year deal worth \$25 million US.

The Vikings issued a media schedule for today, announcing that coach Brad Childress will hold his regular news conference following practice.

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Russell sees light at end of tunnel

MATTHEW WUEST
@METRONEWS.CA

Cam Russell hasn't been counting the days, but he can give you a pretty good idea of how long it's been since the Halifax Mooseheads last hit the ice.

"It's been long enough," was how the Mooseheads head coach and general manager summed it up.

If you ask fans, they might say it's been too long. For those not keeping track, it's been more than

22 weeks since the Herd ended the 2009-10 season on March 14. And after back-to-back last-place QMJHL finishes, Russell and his front-office cohorts are understandably antsy to give those fans a reward for sticking around.

"We've had a lot of patient fans," Russell said. "We feel we owe everybody a good, competitive hockey season."

Fans will no doubt be looking to catch a glimpse of highly-touted rookies such as Luca Ciampini, Darcy Ashley, Andrew Ryan and Matthew Boudreau at Cole Harbour Place this week as 42 players, including 20 returning regulars, report for preseason duty.

The same goes for Russell and his staff.

"We have a lot of young, exciting hockey players coming to camp," he said. "It was nice to see everybody stick with the (re-building) plan the past few seasons."

"You can see the light at the end of the tunnel now."

Deck on board: First-rounder ready for Jays

- McGuire excited to be part of Jays' future 'growth'
- 6-foot-6 righty draws comparisons to John Lackey

Deck McGuire knows the basics about the Toronto Blue Jays, and he's down with the program.

The six-foot-six right-hander chosen 11th overall became the latest piece of the organization's youth movement when he agreed to a \$2-million US deal about a minute before Monday's midnight deadline for signing 2010 draft picks.

The mad scramble across the finish line capped two-plus months of consternation over whether the Georgia Tech product would sign.

With that behind him, he's ready to go.

"I know they're a pretty young organization, a lot of guys are getting ready to come up through the ranks," McGuire said on a conference call yesterday.

"It's exciting to be part of that growth, and I hope I can help out."

McGuire's deal was part of a bold spending spree

took \$250,000.

All told, the Blue Jays spent \$5.4 million Monday as part of what general manager Alex Anthopoulos believes is a club-record splurge on the draft.

"There were certainly several instances where we were able to go after some players that maybe we wouldn't have been in the market for in the past," said Anthopoulos. "If the baseball operations team feels the right value is there, and we present our case, (ownership) will support us and give us the financial means to sign those players."

Also beating the deadline with deals Monday were second-rounder Griffin Murphy signing for \$800,000, fourth-rounder Sam Dyson getting \$600,000 and fifth-rounder Dickie Thon Jr., receiving \$1.5 million, while 15th-round pick Zak Adams and 17th-round selection Myles Jaye each

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With that behind him, he's ready to go.



► Deck McGuire

on draft picks more lavish than any other in franchise history.

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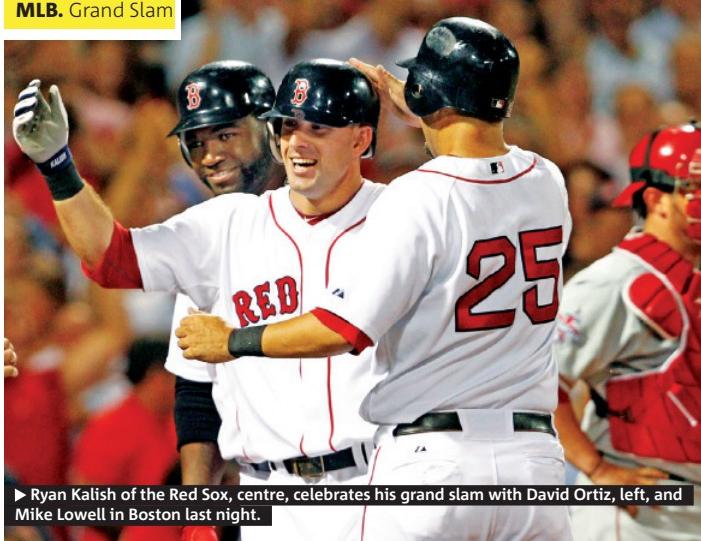
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McGuire's deal was part of a bold spending spree



► Ryan Kalish of the Red Sox, centre, celebrates his grand slam with David Ortiz, left, and Mike Lowell in Boston last night.

Kalish's grand slam lifts Red Sox

Ryan Kalish hit his first career grand slam, and Clay Buchholz pitched seven innings of shutout ball last night to lead the Boston Red Sox to a 6-0 victory over the Los Angeles Angels.

Darnell McDonald also

homered for Boston, hitting one over the Green Monster and through the back windshield of a Toyota parked on the top floor of the garage across Lansdowne Street.

Buchholz (14-5)

allowed five hits and two walks while striking out three for his fourth consecutive victory and Boston's first shutout since Buchholz helped blank the Dodgers on June 20.

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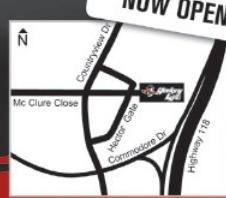
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5
drive

In brief



One of the largest solar power generation systems in Michigan will be built at Ford's assembly plant in Wayne, helping to power production of small cars and recharge electric vehicles.

FROM CARGUIDE



Scan code for more car reviews and news



SX4 hatchback winner all the way

► Suzuki hatch a step up from the bland sedan version ► All-wheel drive, options galore make this 2010 model a great value for your money



NEIL MOORE

DRIVE@METRONEWS.CA

With a few exceptions, I've always liked hatchbacks.

More practical than their compact and subcompact sedan siblings, these vehicles offer wagon/CUV practicality, but with better fuel economy and in a more svelte

package.

Hatchbacks, in my mind, usually win on looks as well. Compare the Impreza sedan with the five-door version, the Corolla with the Matrix, and the Yaris sedan with the hatch. I prefer the latter in all cases — especially the Yaris.

So too with the 2010 Suzuki SX4 Hatchback.

A step up from the bland sedan version, this funky little five-door, with its trucky lines, optional roof rails and pronounced wheel arches looks like a mini SUV.

And with optional 16- and 17-inch alloy wheels pushed to the four corners, very short rear overhangs and relatively wide track,

the SX4 has a firmly planted look.

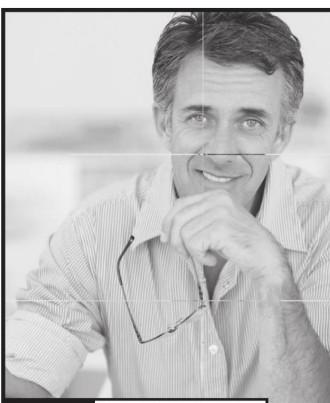
That aside, there are plenty of reasons to consider Suzuki's SX4, not the least being its availability of all-wheel-drive.

Another reason is value. A reasonably well-equipped FWD base model (with six-speed manual) begins at \$17,695.

The specs

2010 SUZUKI SX4

- VEHICLE TYPE Compact five-door hatchback
- PRICE from \$17,695
- ENGINE 2.4-litre DOHC, 16-valve four-cylinder (150 hp; 140 lb-ft of torque)
- FUEL ECONOMY 8.9/6.9 L/100 km (31/41 mpg) (city/highway)



“ My shoes don't have a lifetime warranty,[†] but my brake shoes do.”

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All offers expire August 31, 2010 and are only available at participating dealers. See Service Advisor for complete details. Applicable taxes and provincial levies not included. Dealer may sell for less. *Applies to single rear wheel vehicles only. "Based on a Ford Fusion V6 automatic that has a fuel consumption rating of 10/100km in combined city/highway driving (properly tuned), a one-year driving distance of 24,000km and \$1.02 per litre for gasoline. Improved fuel efficiency and emission reduction levels depend on model, year and condition of vehicle. [†]Excludes emergency brake pads or shoes. Machining or replacement of rotors and drums available at additional cost. Ford Protection Plan is only available for non-commercial cars and light trucks. If an eligible Ford, Motorcraft[®] or Ford-approved part fails due to a defect in material or workmanship, wear out or rust through, it will be replaced at no charge as long as the original purchaser of the part owns the vehicle on which the part was installed. Labour is covered for the first 12 months or 20,000km (whichever occurs first) after the date of installation. Emergency brake pads are not eligible under this plan. See Service Advisor for complete details and limitations.

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• Payload package #1	Ford Recycle Your Ride Incentive	\$1,000
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	Ford Credit Financing Incentive	\$500
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Delivery Allowance.....	\$2,250
Ford Recycle Your Ride Incentive	\$1,000
Retire Your Ride Incentive	\$300
Ford Credit Financing Incentive	\$500
Total Price Adjustment.....	\$4,477

Your Employee Price

Your Employee Price
\$10,522*



2010 F-150 SUPERCAB XLT 4X4

• Chrome grille, front and rear step bumpers	Employee Price Adjustment	\$4,206
• Power side mirrors, locks and windows	Delivery Allowance.....	\$5,500
• Remote keyless entry	Ford Recycle Your Ride Incentive	\$3,000
• Air conditioning	Retire Your Ride Incentive	\$300
• Quilted cloth seats	Ford Credit Financing Incentive	\$1,000
	Total Price Adjustment.....	\$14,006

- V8 Engine
- Air conditioning
- Block Heater
- F-Series is the best-selling pickup in Canada[‡]

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Employee Price Adjustment	\$1,184
Delivery Allowance.....	\$5,500
Ford Recycle Your Ride Incentive	\$3,000
Retire Your Ride Incentive	\$300
Ford Credit Financing Incentive	\$1,000
Total Price Adjustment.....	\$10,984

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The RAV4 revolution

► Beloved Toyota model popularized the small crossover SUV trend ► All-season confidence RAV4 highlight

SECOND GEAR

JUSTIN PRITCHARD
DRIVE@METRONEWS.CA

More Canadians than ever are gravitating towards the crossover SUV for its blend of year-round utility, flexibility and driving confidence.

Now occupied by players from around the globe, the small crossover scene was virtually kickstarted

back in the nineties by one machine: the Toyota RAV4. Turns out that someone's idea of a compact, efficient and car-like 4x4 turned out to be a very, very good one.

The last-generation RAV4 was available from 2001 to 2005 model years. All models got four cylinder power from either a two-litre, 148-horsepower or 2.4 litre, 161-horsepower unit — and both manual and automatic transmissions were available. All models in this generation got an automatic four-wheel drive system that split engine power between the front and rear wheels for maximum grip on virtually any surface.

What Owners Like

Most RAV4 owners say they love the ease with which their machines handle manoeuvring and



► Good handling and mileage are some of the Toyota RAV4 features liked by owners.

parking duties in day to day life. Good visibility, handling and mileage are also reported. The relatively spacious and flexible interior, all-season confidence and ground clearance are highly-rated, too.

What Owners Hate

Many RAV4 owners wish

for more power, often reporting wimpy performance and noisy full-throttle operation. Limited rear-seat space, and a rougher-than-expected ride on some models have also been reported. Some owners aren't fond of the RAV4's sideways-hinged, swing-open tailgate, either.

Common issues

On a test-drive, pay attention to the shift quality of the RAV4's automatic transmission, if so equipped.

If shifts are harsh, clunky, strange or spo-

radic, chances are a reprogramming of the transmission's computer control module will fix the problem. These issues may cause a check-engine light to illuminate, too.

The specs

- MODEL 2001-05 Toyota RAV4
- VEHICLE TYPE Crossover SUV
- APPROXIMATE USED PRICE RANGE \$6,000 to \$16,000

Special rate

2.9%[†]

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2010 Ram 1500 Crew Cab Laramie shown.³

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2010 Ram 3500 Crew Cab Laramie 4x2 shown.

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I recently parted
company with a car,
a certain 1993
Mercedes-Benz 190
2.6. I didn't have this
one all that long,
about two and a half
years.

LONG MAY YOU RUN AND ALL THAT

And as far as car relationships go, this wasn't one of the "big" ones in my life. But still ... I collected our things from the glove box, the trunk, and various cubby holes and cervices, and sat in the car for the last time, just before I was to hand over the keys to the new owner,

I wasn't ready to start balling like a five-year old, but I wasn't completely detached from the moment either.

A little pang in the stomach, a little regret that I would never roll down the highway again, with its M-B star hood emblem leading the way and my elbow out the window.

I always seemed to drive that way, because the bottom of the window frame was at the right height — a perfect armrest — and because the air

conditioning never worked, from day one.

Air conditioning was always a fair way down on its "need to get fixed" priority list and never had a real chance to move up.

Keeping it in its place were other various recurring ailments, which got the better of me, and our bank account.

I always had a "thing" for these well-engineered "baby" Mercedes models — timeless styling, smooth and torque-laden inline six, Autobahn-approved handling.

And we shared some good times.

I once interviewed Dr. Werner Breitschwerdt, the chief designer of the car, former CEO of Mercedes-Benz, and current inductee in the European Automotive Hall of Fame.

After our talk he came out to the parking lot and gave me a personal engineering tour of my

own car.

Another highlight was getting stuck on Sauble Beach in Ontario. Some friendly beach volleyball guys, volunteered to pull me out of the sand and water with their 4x4, but only if I personally attached the chain to something structural — they were towing people out all day, and were tired of tearing off bumpers.

I basically had to dig myself under the car, to get the chain around a cross member. But it worked. So I got a little muddy (see photo).

At any rate, she's down the road now. I see now that I was just a temporary custodian.

I'll end this column, and my salute to this particular Mercedes-Benz 190, with a line from a Neil Young song.

The line is also the title of the song, an elegy to Young's first car, a 1948 Buick Roadmaster hearse ... Long May You Run.

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Das Auto.

Model shown with optional features. *Limited time financing offer available on approved credit through Volkswagen Finance. 0.9% APR financing pertains to finance terms up to 48 months only on 2005 to 2009 M.Y. certified pre-owned Jetta. Rates start at 2.9% for up to 60 months for other models. Financing example: \$15,000 financed at 0.9% for 48 months, monthly payment is \$318.28, cost of borrowing is \$277.24 for a total obligation of \$15,277.24. Or \$15,000 financed at 2.9% for 60 months, monthly payment is \$268.86, cost of borrowing is \$1,131.86 for a total obligation of \$16,131.86. Dealer may sell for less. Down payment may be required. PPSA, license, insurance, registration, options, any dealer or other charges and applicable taxes are extra. Offer ends September 30, 2010 and is subject to change or cancellation without notice. **Up to \$500 rebate for recent college or university graduates. Certain conditions apply. †2-year/40,000 km (whichever comes first) limited warranty. See dealers for additional details about this warranty. ‡12-year, 24-hour roadside assistance provided by Sykes Assistance Services Corporation. *IntelliChoice.com, October 2009 review of 32 manufacturer programs. See www.intellichoice.com for additional details, explanation of results and program updates. Based on U.S. Program analysis. Visit vw.ca or your Volkswagen dealer for details. "Volkswagen", the Volkswagen logo and "Jetta" are registered trademarks of Volkswagen AG. "Das Auto & Design" is a trademark of Volkswagen AG. "CarProof" is a registered trademark of 3823202 Canada Inc./o/a LienQuest.com. © 2010 Volkswagen Canada.

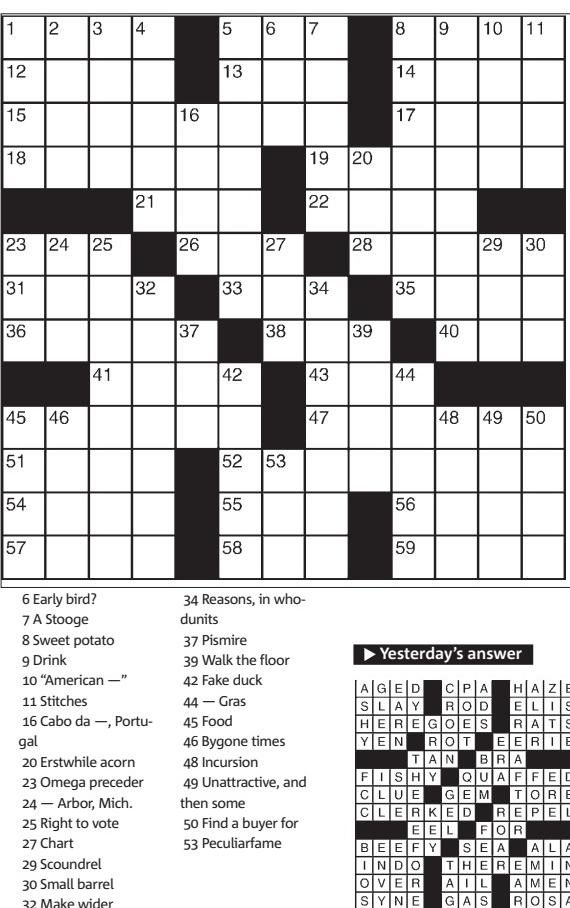
Crossword**Across**

1 Masters activity
 5 — Moines
 8 Sapporo sashes
 12 Actor Sharif
 13 "Yech!"
 14 Relinquish
 15 Too young
 17 Acknowledge
 18 Handgun
 19 Portabello alternatives
 21 Anat. or biol.
 22 Twosome
 23 — de deux
 26 \$ dispenser
 28 Skill
 31 Ignore
 33 Sweet potato
 35 Malaria symptom
 36 Below (Pref.)
 38 Burst
 40 Work unit
 41 Enamored (of)
 43 Scot's chapeau
 45 Whirl
 47 The hot wings
 were too much for
 him

51 Fork option
 52 Insurance
 54 Desire
 55 Praise in verse
 56 Pickle flavor
 57 Existed
 58 Football meas.
 59 Pastoral work

Down

1 Rise
 2 All (Pref.)
 3 Young fellows
 4 Worries
 5 Two-sidedness



- 6 Early bird?
 7 A Stooge
 8 Sweet potato
 9 Drink
 10 "American —"
 11 Stitches
 16 Cabo da —, Portu-
 gal
 20 Erstwhile acorn
 23 Omega preceder
 24 — Arbor, Mich.
 25 Right to vote
 27 Chart
 29 Scoundrel
 30 Small barrel
 32 Make wider
- 34 Reasons, in who-
 dunits
 37 Pismire
 39 Walk the floor
 42 Fake duck
 44 — Gras
 45 Food
 46 Bygone times
 48 Incursion
 49 Unattractive, and
 then some
 50 Find a buyer for
 53 Peculiarfame

Today's horoscope

For today's crossword answers
 and for expanded horoscopes,
 go to metroneWS.ca

Aries March 21-April 20 Why are you so reluctant to commit yourself to a task that could bring you fame and fortune? Is it because you fear you may not be up to the job? If so, don't worry — you're a natural.

Taurus April 21-May 21 You may be ambitious by nature but don't push yourself too hard and burn yourself out. You are advised to save as much energy as you can over the next few days.

Gemini May 22-June 21 What would you do if any path was open to you and you knew you could not fail? Then do it. Your dreams can come true, if you have the courage to aim high and the commitment never to give up.

Cancer June 22-July 22 You need to find an outlet for all that energy that has been building up inside you. Physical activity of some kind is a must today as it will help you work off your frustrations.

Leo July 23-Aug. 23 Isn't it about time that you reminded someone close how much they mean to you? Most likely they know already but it never hurts to make sure, so hug them, kiss them and make them feel special.

Virgo Aug. 24-Sept. 22 Your efforts may not seem to be bearing much fruit but don't get discouraged because the planets promise that what you do over the next few days will pay dividends early next week.

Libra Sept. 23-Oct. 23 You may be a nice guy by nature but you also possess an indomitable will: nothing ever defeats you and nothing gets you down for long.

Scorpio Oct. 24-Nov. 22 You have no doubt at all that you are going to reach the top of your chosen career path, but according to the planets you can't do it alone.

Sagittarius

Nov. 23-Dec. 21 Some of the best partnerships are formed between people whose outlooks are radically different, and if you bear that thought in mind you are less likely to miss an opportunity to link up with someone special. You'll make a great team.

Sudoku

9	1	5	2
2	4		
8	4		5 1
1	8	9	7
9			6
5	4	7	3
6	2		4 7
	3	6	
4	7	1	8

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ►

5	9	2	7	4	6	1	3	8
8	4	7	3	1	5	6	2	9
1	6	3	9	8	2	4	7	5
6	2	9	4	3	8	7	5	1
4	1	8	5	6	7	2	9	3
7	3	5	1	2	9	8	4	6
3	7	6	2	5	1	9	8	4
2	5	1	8	9	4	3	6	7
9	8	4	6	7	3	5	1	2

Send a KISS

Show some love! Send a note to somebody special at kiss@metroneWS.ca

To Bru! Love you babe! Sorry I can be stupid at times!!!!
 <3 CHRIS

Bill, on Saturday we will be married 40 years. I love for all the good times, sad times but most of all I love you for our 3 children which in turn have given us 6 beautiful grandchildren. Happy Anniversary. Lots of Love, YOUR WIFE, MARY

Vivian, you are my sweet little chinese rose. I am so glad we are together, now and for always. JRBW

Babochka, Come seize the day with me ... for each hour is timeless ... and every second matters ... when I'm with you. LOVE, YOUR UNICORN.

T, the past 3 years have been one adventure after another and through it all we have been there to lean on each other. Happy Anniversary, LOVE D.



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Today
Variable
25° / 16°



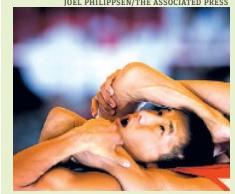
Thursday
Variable
24° / 15°



Friday
Showers
60%

Caption contest**You write it!**

Write a funny caption for the image to the right and send it to play@metroneWS.ca — the winning caption will be published in tomorrow's Metro.

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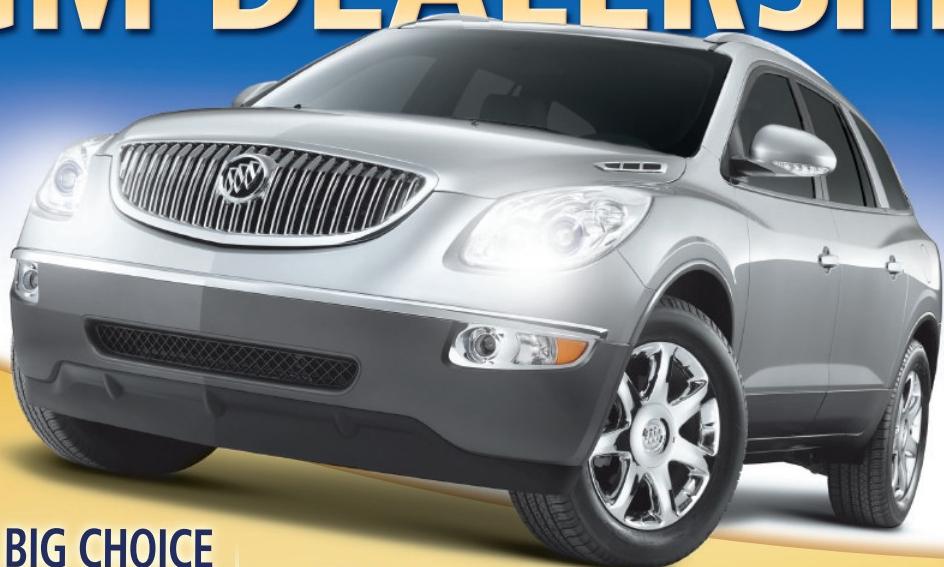
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